

# Ramadan weekmenu

Datum: .....

## Boodschappenlijstje



### Vlees & Vis

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Groente

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- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

### Fruit

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- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

### Drinken

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### Beleg/zuivel

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### Diepvries

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